

# Northampton Aquatic & Family Center

@ JFK Middle School, Bridge Rd. Florence

## Swim Lessons



The Aquatic and Family Center offers swim lessons for children of all ages and abilities. Our program includes classes for Parents and Tots, Pre-Level Instruction for children ages 3-5 (floatation "bubbles" are used), and the American Red Cross Levels 1-5 for children Kindergarten-aged and up, at the beginner level through advanced swimming.

**Thursday classes: \$20 / \$44 / \$54 6 Classes (1/2 hour each)**

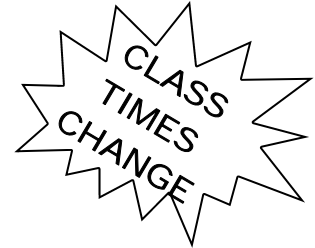
**Fall Session A: 9/13/07-10/18/07 Schedule**

Pre-level	4:00 pm
Level 1 or 2	4:30 pm
Level 3	5:00 pm
Levels 4, 5, 6	5:30 pm

**Fall Session B: 11/1/07-12/6/07 Schedule**

**NOTE: CLASSES CHANGE TIMES THIS SESSION**

Pre-level	4:30 pm
Level 1 or 2	5:00 pm
Level 3	5:30 pm
Levels 4, 5, 6	6:00 pm



**Saturday classes: \$20 / \$44 / \$54 6 Classes (1/2 hour each)**

**Fall Session A: 9/15/07-10/20/07**

Pre-level	9:30 am
Level 1 or 2	10:00 am
Levels 3, 4, 5	10:30 am
Parent/Child	11:00 am *Fall session A only
Fitness Swim	11:00 am *Fall session B

**Fall Session B: 11/3/07-12/8/07**

*Fees listed in the order of Member / Non-Member / Non-Member, Non-Resident  
Pre-registration is required; space is limited.*

### **Class Descriptions:**

**Parent/Child:** Ages 1-5 with parent, bubbles used, emphasis on fun, covers a variety of skills and activities  
**Pre-Level:** Ages 3-5, bubbles used, a variety of swimming and safety skills covered  
**Level 1:** Ages 5+, no bubbles used, beginner, basic swimming and skills are covered  
**Level 2:** Ages 5+, some experience, makes some progress swimming on own  
**Level 3:** Ages 6+, can swim in deep water, goes under water, can jump in on own  
**Level 4:** Ages 6+, can swim front crawl with rotary breathing, backstroke, and elementary back kick  
**Level 5:** Ages 6+, can dive in and swim lengths front crawl, backstroke, breaststroke  
**Fitness Swim:** Level 3+, emphasis on fitness swimming, "lap" swimming, drills, and skills to keep fit

**Registrations accepted at the AFC @ JFK Middle School, Bridge Rd., Florence**  
**Mon-Fri 4-8 pm & Sat and Sun 10-5 pm (587-1046)**  
**or at the Recreation Dept., Locust St., Northampton**  
**Mon-Fri 8:30 am-4:30 pm, 587-1040**  
**[www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)**